



COVID-19 (nCorona) Virus Outbreak Control and Prevention State Cell

Health & Family Welfare Department

Government of Kerala

REVISED DISCHARGE GUIDELINE FOR COVID-19 PATIENTS

No. 31/ F2/2020/H&FWD- 1st July 2020

The COVID-19 pandemic is evolving and clinical research data is revealing new knowledge into the epidemiology of the disease. It is essential that the technical strategies and guidelines are refined based on the new knowledge for control and prevention of the disease as well as for the efficient resource management. The Department of Health and Family Welfare, Government of Kerala was the first state in India to issue comprehensive guidelines for Testing, Quarantine, Hospital Admission and Discharge for COVID-19. Based on the recent analysis of the epidemiology of the patients in Kerala and considering the guidelines of the World Health Organization (WHO) and Ministry of Health and Family Welfare, Govt. of India, the revised discharge guideline for COVID-19 patients is issued.

The discharge policy is revised based on WHO and ICRM guidelines with the following principles

- Duration of stay in the Hospital
- The first test result NEGATIVE
- Symptoms status

| CATEGORY | DAY OF 1 ST FOLLOW UP TEST | TEST RESULT | DISCHARGE | Quarantine |
|--------------|--|-------------|--|--|
| Asymptomatic | 10 th day since first positive result | Negative | Discharge | Avoid Non-Essential travel and social contact (like family visits, attend marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken. |
| | | Positive | Repeat every alternate day till the test is negative for discharge | |



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|--|--|----------|---|--|
| CAT-A | 10th day since onset of symptoms if there are no symptoms OR -Test one day after resolution of symptoms | Negative | Discharge if: - Completed 14 days since onset of symptoms -No symptoms since last 3 days | Avoid Non-Essential travel and social contact (like family visits, attend marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken. |
| | | Positive | -Repeat every alternate day till the test is negative for discharge. | |
| CAT-B | 14th day since onset of symptoms if there are no symptoms OR - Test one day after resolution of symptoms | Negative | Discharge if: -Completed 14 days since onset of symptoms -No symptoms since last 3 days | Avoid Non-Essential travel and social contact (like family visits, attend marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken. |
| | | Positive | Repeat every alternate day till the test is negative for discharge. | |
| CAT-C or Disease in Immunocompromised (HIV positive, transplant recipients, Malignancy) | 14th day since onset of symptoms if there are no symptoms OR -Test one day after resolution of symptom - or as per Physician's orders | Negative | Discharge if: -Completed 14 days since onset of symptoms - No symptoms since last 3 days -Clinically stable | Avoid Non-Essential travel and social contact (like family visits, attend marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken. |
| | | Positive | Repeat every alternate day till the test is negative for discharge | |


Principal Secretary